



# NHBZ Shabbos Bulletin

*Welcome to Nusach Hari B'nai Zion*

Affiliated with Union of Orthodox Congregations of America

March 8, 2014  
8 Adar II 5774

**Torah Portion:** Parshas Vayikra: 1:1 – 5:26  
**Haftorah:** Isaiah 43:21 – 44:23

**Stone Chumash pages 544-567**  
**Stone Chumash pages 1165-1166**

## Erev Shabbos – Friday Night, March 7, 2014

- **Mincha & Ma'ariv** (5:35 pm)
- **Candle Lighting** (5:42 pm)

## Shabbos, March 8

- **Shachris & Musaf** (8:30 am) ~ *Thank You For Leading Davening*
  - Pesukei D'Zimra: **Howard Sandler**
  - Shacharis: **Dr. Ethan Schuman**
  - Leyning: **Moshe Leib Cohen**
  - Haftorah: **Alan Haber**
  - *Drasha* (Sermon): **No Sermon Today**
  - Musaf: **Dr. Ethan Schuman**
- **Synaplex Shabbat and Lunch** ~ (After Musaf), Luncheon in honor of March Birthdays and Wedding Anniversaries. Speakers: **Rabbi Ze'ev Smason**: *The 7 Habits of Supremely Happy People*; **Rabbi Shlomo Soroka** (of the St. Louis Kollel): *Purim & Drinking: What's the Message in the Bottle?*; **Bob Millstone**, Past President, Jewish Federation: *Challenges Facing the St. Louis Jewish Community*; **Youth Programming**: For kids 4 and over; and **Tot Shabbat**. Lunch at noon, following the Synaplex Sessions.
- **Bon Appetit** ~ We place a plate of rolls on each table at every Shabbos Luncheon ~ 1.) To enable each person to make or hear *Ha'Motzei* (the blessing on bread) over *Lechem Mishne* (two rolls or loaves of bread), and 2.) To enable each person to eat the minimum amount required when *Ha'Motzei* is made or heard; namely, one roll. **Please be seated while Rabbi Smason says Kiddush and makes HaMotzi.**
- **Special Pre-Mincha Shabbos Class** (4:40 pm) "The Other Purims (over 100) You Never Heard Of" presented by **Dr. Ethan Schuman**.
- **Mincha, Shalosh Seudos, Ma'ariv** (5:25 pm) Shalosh Seudos is being sponsored this week by **Don & Julie Eisenberg** in memory of beloved father Harold Eisenberg, ב"ה.
- **Shabbos Concludes** (6:46 pm)
- **Daylight Saving Time Begins This Weekend** ~ Set your clocks UP one hour before retiring on Saturday night. Daylight Saving Time will be in effect this Sunday morning – tomorrow, March 9<sup>TH</sup>.

## Meetings

- **Board of Directors Meeting** ~ This Tuesday, March 11, at 7:00 p.m. following Minyan.
- **Sisterhood Spring Membership Luncheon** ~ Tuesday, March 18.

## What's Up This Weekend?

- **Chocolate & Wine for Young Couples & Singles!!!** Tonight, March 8 ~ 7:45 p.m.! Wine & Chocolate Pairings at the home of **Richard & Mindy Woolf**.
- **Antiques Roadshow** ~ Tomorrow, March 9 ~ 5:00 p.m. Nusach Hari B'nai Zion Sisterhood and The Irvin Alper Social Club invite everyone to bring a treasure from your home and join us for an Interesting ~ Funny ~ Surprising evening! Values will be determined by Art Ressel. Mr. Ressel is a member of the "Certified Appraisers' Guild of America", Host of KTRS Radio's "Antiques & Collectibles", and Key Appraiser on Channel 9's "Trash & Treasures" Appraisal Fairs. Admission \$10.00 *includes dinner*. All profits will benefit the *Passport to Israel Program*. Come and support our NHBZ kids!!! Reservations REQUIRED.

Nusach Hari B'nai Zion  
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Aaron Borow, Rabbi Emeritus  
Leonard M. Alper, President  
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## NHBZ COMING EVENTS

- **PURIM** ~ Purim commemorates the salvation of the Jewish people in Ancient Persia from Haman's plot to kill all Jews in a single day. Here are some of the mitzvahs and customs of Purim at NHBZ:
  - [Give Charity to the Poor](#) (Mitzvah of *Matanot l'Evyonim*): *Od Yosef Chai* - For several years, NHBZ has collected money to give to Od Yosef Chai, an organization that distributes money to the poor in Israel. Please make checks payable to the **NHBZ Rabbi's Charity Fund** and bring or send them to our office. The deadline is **This Thursday, March 13.**
  - [Hasta LaPasta Purim Palooza](#) ~ Buy special "pasta groggers" for \$4 each. Use the boxes of pasta as groggers during the reading of Megillas Esther, after which they will be donated to the Jewish Food Pantry in our community; proceeds will benefit the NHBZ Chesed Fund and the Rabbi's Charity Fund. Pay in advance, or buy them in shul when you arrive for Megillah reading on **March 15.**
  - [Send Gifts to Friends](#) (Mitzvah of *Mishloach Manot*) Fulfill the mitzvah of Misloach Manos! Give actual gifts of food to at least two friends, then send our **PURIM CARDS** to everyone else!! All proceeds will benefit our NHBZ Chesed Fund. Cards may be purchased in our office at \$10.00 per pack of 5 cards with envelopes, or \$25 for three 5-packs.
- **Fast of Esther** ~ This Thursday, March 13. The fast begins at 6:03 a.m. and concludes at 7:48 p.m.
- **PURIM** ~ **Reading of Megillas Esther** ~ Saturday night, March 15, at 8:30 p.m., and Sunday morning, March 16, at 8:30 a.m. A very big THANK YOU to **Sarah Klein** for donating twenty-four new, much needed Megillos Esther for Purim!!! We will place a plaque in twelve of the new booklets from Mrs. Klein dedicated in memory of her beloved grandparents HaRav Mordecai Yosef & Fradie Baum and Ze'ev & Sarah Griner; the plaquettes in the remaining twelve booklets will be dedicated in honor of her grandchildren Avi Jordan Klein, Hannah Sasha Klein, and Rachel Klein.
- **PURIM SEUDAH!!!!** Sunday, March 16, 6:00 p.m. SHARP!!! **Michelle Mufson & Sheryl Levine**, chairpersons; **Reuven Tzadok** will prepare a Delicious, **Authentic Persian Feast Complete with Whiskey Slush!!!** Adults: \$15; Kids 4-10: \$8; Kids 3 & under: Free; **Family Max: \$45.** PLEASE RSVP **NO LATER THAN MONDAY, MARCH 10**, 314-991-2100, ext. 2.
- **Sisterhood Luncheon & Bingo!** Tuesday, March 18, for the **Spring Membership Luncheon**. Delicious Lunch is FREE to paid Sisterhood Members!!! Sisterhood Membership is \$12.00; Lunch is \$7.00 for Non-Member Guests. RSVP, Rachael Pevnick, 314-395-6017.
- **RAP with the RABBI Teen Group!** Sunday, March 30, 10:00 a.m. with **Rabbi Smason**, for young men and women; at Starbucks on Olive & Price, with complimentary drinks to all participants! RAP with the RABBI meets regularly on the last Sunday of the month! All teens are welcome!
- **Lion's Den Pizza Night** ~ All-You-Can-Eat Pizza Buffet ~ Sunday, March 30, 5:00-7:00 p.m. Bring your family and friends to enjoy a delicious pizza dinner and schmoozing, and a movie for the kids!!! Reservations are not needed. Just show up and have a great time!!!! (Please place carry-out orders by 10:00 a.m. on Sunday morning, 314-991-2100, ext. 2.) **Come and try our sensational New Jalapeno Pizza!!!**
- **SMILE!!! 😊 Be a Part of Our Family Album** ~ We invite all our members to make NHBZ's new photo membership directory complete!!! There will be NO CHARGE or purchase requirement to get your family portrait taken for the directory. Photo sessions will be held at NHBZ in May. Stay tuned for details!!!

## CLASS SERIES

- **"Introduction to the History of the Jews"** ~ How have the Jews conquered both time and space over the past 4,000 years? Join Menachem Szus for a fascinating course on the history of the Jewish people on **Sunday mornings**, at 10 A.M. at NHBZ. Last class will be tomorrow - Sunday, March 9<sup>TH</sup>.
- **Bi-Monthly Women's Tefila Class** ~ Led by **Rabbi Ze'ev Smason**, the class meets on the 2nd and 4th MONDAYS of the month, **NEW TIME: 3:15 p.m. Monday afternoons**, tomorrow, Monday, March 10, at

NHBZ. The focus of our class is the structure and deeper meaning of the Shabbos morning service and prayers, and how prayer can be used as a basis for our own communication with G-d. All women welcome.

- **“Chassidic Insights into the Weekly Parsha”** ~ Rabbi (Chaplain, Major) Avraham Cohen is offering a class on Chassidic Insights into the Weekly Parsha from the sefer, Me'or V'Shemesh. Study will delve into esoteric thought, but on the other hand is entirely accessible for those having limited Jewish educational backgrounds. This ongoing class meets on Wednesday evenings at 7:00 p.m. in the NHBZ Chapel. Try it -- you'll like it! Rabbi Cohen can be reached at 301-787-5538 for further questions.

## **SIMCHAS**

- **MAZEL TOV ON SIMCHAS** March 8-14. **Happy Birthday to Helen Bolt, Eric Fleshman, Alex & Jack Lyss, Rebecca Lyss, Ephraim Mufson, Herb Palatsky, and Rose Ragin! Happy Anniversary to ~Rabbi Ze'ev & Chani Smason!** Show your friends you care ~ send a tribute. Shul: Gloria Waxman 314-872-3296; Sisterhood: Phyllis Silverman 314-434-2482; Libby Needle Fund: Sally Needle 314-991-2575; For Chesed Fund: Drop by the office for a Card Pack.

## **Wish List! Wish List! Wish List!**

- **DO YOU HAVE THESE ITEMS THAT YOU ARE NOT USING?** WE WOULD LIKE TO GIVE THEM A NEW HOME!!! We are wishing for -- A Projection Screen on a Tripod Stand: Large, Sturdy and Moveable . . . AND . . . A White Erasable Board on a Tripod Stand: also Large, Sturdy and Moveable – each will be a tremendous help for classes and other presentations. Can YOU grant our wishes? Please call 314-991-2100, ext. 2.

## **Reminders**

- **NHBZ Membership Dues ~ Take advantage of the 5% Discount when you pay your dues in full (one or more payments) on or before March 31<sup>st</sup>!**
- **Become Energized!!! Sponsor Your Own Solar Panel!!!** The 2014 price of just \$216 for a full year. Your sponsorship will appear on the lobby monitor with an individual display with your personal or business name. Sponsor a panel for yourself, your friends, your business, or dedicate one in honor of a loved one. If you are interested in sponsoring a solar panel, please call 314-991-2100, ext. 2 and we will send you the form to complete with your own wording!
- **Buy and Use Cash Cards** – call the office ASAP to order your cards and **earn free money** for NHBZ! Orders are placed twice per month – on or as close to the 15<sup>th</sup> and 30<sup>th</sup>.
- **HEADS UP! Schnucks E-Scrip Card - \$1,435.80 in 2013!!!** If you have been using your Schnucks E-Scrip Card when you shop, we Thank You VERY Much! NHBZ received \$1,435.80 **Easy Money** last year from Schnucks based on your purchases, and **NO EXTRA CHARGE TO YOU!!!** Please remember to hand your e-Scrip card to your checker every time you shop - and make your shopping trip count!!! If you don't have an e-Scrip card, please contact the office: [sandieabrams@hotmail.com](mailto:sandieabrams@hotmail.com) or 314-991-2100, ext. 2.
- **Sponsorships** - If you would like to sponsor Kiddush, Soda, Shalosh Seudos, this Bulletin, or something unique in honor or in memory of a loved one, please call 314-991-2100, extension 2, to make arrangements.
- **Tributes** - Show your friends you care; a tribute is a donation in honor of a birth, a birthday, an anniversary, a healthy recovery, or in memory of a loved one, or for any reason to show you care; tributes will be listed in this bulletin monthly. For Shul Tributes call Gloria Waxman, 314-872-3296; for Sisterhood call Phyllis Silverman, 314-434-2482; for Libby Needle Fund call Sally Needle, 314-991-2575.
- **Buy a Brick Online or by Phone** - Our website now accepts online donations for the Brick and Planting Campaign; go to <http://www.nhbz.org/dedications.asp> or call the office at 314-991-2100.
- **Synagogue Honors** - It is customary to make a donation to the shul for Aliyos or other honors received.
- **Mi Shebarach List** ~ Prayers will be said for a Refuah Shelayma for your loved ones and friends. Please call the office, 314-991-2100, ext. 2, by 10:00 a.m. Friday mornings so we can include the names on our Mi Shebarach list for Shabbos. We need the names of the person who is ill AND his/her mother's name in Hebrew, or in English if Hebrew names are unavailable. Your contributions are greatly appreciated.

- **Shalosh Seudos, The 3<sup>rd</sup> Meal of Shabbos** ~ To sponsor Shalosh Seudos on Shabbos, which takes place between Mincha and Ma'ariv, please call the office to make arrangements. We are very grateful to those of you who sponsor the Third Meal as you observe the yahrzeits of your dear family members.
- **Mishna Study** ~ Learning Mishnayos in memory of a loved one or for a Refuah Shelayma for a person who is ill is an age-old Jewish Tradition. The word Mishna (learning) is closely related to the word Neshama (soul), and we believe that learning Mishnayos in someone's name acts as a Spiritual Elevation for that person or that person's soul. Our NHBZ Mishnayos Shiur learns every Sunday following morning minyan, carrying on this tradition by dedicating the Mishnayos to our loved ones. You may dedicate Mishnayos for 1 year: \$250; 6 months: \$150; 3 months: \$96; 1 month: \$50. *May your loved one be bound up in the bond of eternal life. May HaShem be filled with compassion to restore the health of your loved one.*
- **Memorial Plaques** ~ Memorial plaques from our former location are lovingly mounted in our new building. Remember your loved ones with a plaque; prices are \$150 and \$275. Please call the office for details.

## **NEWS & FEATURES**

- **Kashrus Alert from the OU** ~ Missing D -Dairy designation: DeLish (1) Dark Chocolate Cherry Vanilla Cookies, (2) Milk Chocolate Castle Cookies, and (3) Milk Chocolate Caramel Truffle Cookies contain dairy ingredients, as indicated on the allergen and ingredient statements. Some packaging was printed with a plain OU, without the D - Dairy designation. Corrective actions have been implemented.
- **Kashrus Alert from the Vaad** ~ Post Brand Limited Edition Honeycomb with Twisted Marshmallow Cereal is **not kosher certified**. It contains non-kosher ingredients and does NOT have a kosher symbol on the package. Please **use extra care when purchasing Honeycomb** to ensure that you buy the **original certified Honeycomb cereal ONLY**.
- **Kollel Purim Wine Sale** ~ Now through Purim, 10% of each purchase of 12 bottles or more, of wine or grape juice, goes to your designated shul. We recommend NHBZ!!! ☺ Expanded selection. Purim Special – Mini 6 oz. Grape Juice, \$1.99. For details or to order now: 314-726-6047 or [office@stlkollel.com](mailto:office@stlkollel.com). Make sure you tell the Kollel to credit NHBZ for 10% of your total when you place your order!!!
- **Ohr Pesia Series** ~ Nusach Hari B'nai Zion will host a series on the *Aspects of Purim* in the "Feigenbaum-Pepose Learning Center," continuing tomorrow, March 9, at 8:00 p.m. Speakers: Rabbis Yosef David, Shaya Mintz, Eli Shapiro, and Shmuel Wasser. Fee: \$20.00; please add a \$10.00 one-time-only yearly registration fee to cover administration costs. Go to [www.ohrpesia@gmail.com](mailto:www.ohrpesia@gmail.com) to register, or visit at the website [www.ohrpesia.billite.com](http://www.ohrpesia.billite.com) to check out additional classes for this term.
- **Bikor Cholim Purim Arts & Crafts Workshop at NHBZ** ~ Rescheduled for Sunday, March 9, 10:00-11:30 a.m. Bikor Cholim invites children ages 3-7 to enjoy arts, crafts, songs, treats, music & more in the Feigenbaum-Pepose Learning Center!! Parents are welcome, and adult supervision will be available for drop-off to the lower level entrance. For details: Daniela Hermelin at 314-974-0747, or Miriam Florans at 314-863-8038.
- **Missouri Torah Institute** ~ 7<sup>th</sup> Annual Dinner honoring Dr. & Mrs. Michael Shapiro, celebrating the First Graduating Beis Medrash class. Guest Speaker: HaRav Akiva Grunblatt, shlita. Sunday March 9<sup>TH</sup>, 2014.
- **Jew in the City** ~ NCSY and EHA invites you to an inspiring and entertaining evening with Allison Josephs, founder of Jew In The City, an organization that is breaking down stereotypes about religious Jews and offering a humorous, meaningful look into Orthodox Judaism. Sunday, March 9, 7 pm, Epstein Hebrew Academy. *"Finding G-d in Hawaii: A Childhood Existential Crisis, A Search for Meaning, and the Life-Changing Answers Found in a Tropical Rain Forest."* Dairy Dessert Reception - \$18.00 suggested donation. Contact: [FHA@eha.org](mailto:FHA@eha.org) or 314-862-5661.
- **Tomchei Shabbos FOOD DRIVE!!** Look for bags to be distributed at NHBZ on March 21, and picked up March 28. For questions or home pick-up, please call Jackie Oppenheimer at 997-6924.
- **Tomchei Shabbos Cookbook Project** ~ Details on recipe categories and recipe submission information will be available shortly. If you would like to help on the cookbook please call Bryna Kandel at 569-5001 or email [tomcheishabboscookbook@gmail.com](mailto:tomcheishabboscookbook@gmail.com).

- **Community-Wide Yom HaShoah Commemoration** ~ Sunday, April 27, at United Hebrew Congregation. "Bearing Witness For Those Who Cannot: Testimony From the Holocaust" featuring testimonies by St. Louis Survivors recounting their experiences during this tragic period of history.

*Beyond Twelve Gates by Rabbi Ze'ev Smason*  
*Parshas Vayikra March 7, 2014*

*Welcome to Beyond Twelve Gates*

*Shake a leg* is an idiomatic expression meaning 'hurry up', as in 'Shake a leg, we'll miss the plane!' Walter Williams, of Lexington, Mississippi, gave new meaning to the phrase on Feb. 28, when he 'shook a leg' -- and saved his own life. The 78-year-old farmer was pronounced dead after being found without a pulse. Family members said their good-byes to Walter "Snowball" Williams and watched as the coroner zipped him into a body bag. With morticians getting ready to begin the embalming process at the funeral home, Mr. Williams kicked his legs inside the body bag, seemingly coming back from the dead.

It's difficult to imagine the panic that Mr. Williams must have felt waking up in a body bag -- or the experience of the funeral home employees as they watched a body kicking inside a body bag. How was "Snowball" Williams declared dead when he was still alive? Dexter Howard, Holmes County Coroner, surmised that the man's pacemaker had stopped working, rendering him a man without a pulse and meeting the criteria for death. Once he was pronounced dead and taken away, he believes Mr. Williams pacemaker started working again, literally bringing him back to life. Mr. Williams has told his family members he is happy to be alive today. While he was a sick man to begin with and he was under medical care at the time he was mistakenly pronounced dead, it just wasn't his time to go.

Dale Carnegie said, "Most of the important things in the world have been accomplished by people who kept on trying when there seemed to be no hope at all." Though things may appear bleak, there is always reason to hope. Faith and trust in G-d mean we never stop believing there exist options -- if only, to turn to our Father in heaven for help and salvation. In the words of the Talmud, "Even if a sharp sword is placed against the neck of a person, he should not abandon hope for mercy."

*Parshas Vayikra 1:1 -- 5:26*

This Shabbos marks the beginning of our reading the third book of the Torah, Sefer Vayikra which deals primarily with the services and responsibilities of the Kohanim. This week's portion focuses on many of the *korbanos* (offerings) to be brought in the newly-constructed Mishkan. Parshas Vayikra begins with G-d calling Moses into the Mishkan where he will receive the many relevant mitzvos to be ultimately passed on to the Jewish people. The first half of the Torah portion describes the various optional *korbanos* brought by individuals. They can be classified into three general categories, each one comprised of several gradations in size and expense; the *korban olah* (elevation offering) which is completely consumed on the altar; the *korban mincha* (meal offering) which, because of its inexpensive contents, is usually brought by someone of modest means; and the *korban shelamim* (peace offering) partially burned on the altar, with the remainder divided between the owners and the Kohanim. The second half of the portion (beginning with chapter four) discusses the required *chatos* (sin) and *asham* (guilt) offerings to be brought as atonement for unintentional transgressions.

*Rabbinic Ruminations*

Music is a splendid thing. It can cheer you when you're sad, make you dance like a fool, and stir your creative juices. But music has its scientific uses, too. "Music imprints itself on the brain deeper than any other human experience," says neurologist Oliver Sacks. Here's a look at some things music has been known to "cure":

*Low Birth Weight:* Babies born too early often require extended stays in the hospital to help them gain weight and strength. A team of Canadian researchers found that playing music to preemies reduced their pain levels and encouraged better feeding habits, which in turn helped with weight-gain.

*Droopy Plants:* Music helps babies grow, and can do the same thing for plants. A 1973 book called *The Sound of Music and Plants* detailed the effects of music on plant growth. At the end of a study, 'easy listening' plants were uniform in size, full and green, and were even leaning toward the source of the music. Plants exposed to rock music were droopy, with faded leaves, and were leaning away from the radio.

*Teen Loitering:* Public libraries, malls, and train stations already know this: Teenagers typically don't like classical music. In fact, they dislike it so much that "it sends them scurrying away like frightened mice," says the *LA Times*. The theory is that when the brain hears something it dislikes, it suppresses dopamine, "the pleasure chemical." And as teenagers' moods fall, they go elsewhere to find something to bring it back up.

*Illiteracy:* A 2009 study comparing two groups of second graders from similar demographics suggests learning music boosts reading abilities. The only major difference between the two groups was that one learned music notation, sight-reading and other skills, while the control group did not. The kids with a music education scored "significantly higher", especially on vocabulary tests.

King David referred to the study of Torah as music: *Your statutes have been my songs wherever I dwell.* (Psalm 119:54) To make Judaism come alive, don't just 'do' it; let it sing!

### *Quote of the Week*

A man without a smiling face must not open a shop. - *Chinese Proverb*

### **Joke of the Week**

A group of managers were given the assignment to measure the height of a flagpole.

So they go out to the flagpole with ladders and tape measures, and they're falling off the ladders, dropping the tape measures--the whole thing is just a mess.

An engineer comes along and sees what they're trying to do, walks over, pulls the flagpole out of the ground, lays it flat, measures it from end to end, gives the measurement to one of the managers and walks away.

After the engineer has gone, one manager turns to another and laughs. "Isn't that just like an engineer, we're looking for the height and he gives us the length."

*The Deadline to submit new information to appear in our Shabbos Bulletin is Wednesday each week, at 12:00 noon. The bulletin is printed first thing every Thursday morning.*

# MINYAN! IT'S GOOD FOR US & GOOD FOR YOU, TOO!!!

<b>This Week At a Glance</b>	Shabbos March 8	Sunday March 9	Monday March 10	Tuesday March 11	Wed. March 12	Thurs. March 13	Friday March 14	Shabbos March 15
Shachris	8:30 am	8:00 am	7:00 am	7:00 am	7:00 am	6:45 am	7:00 am	9:00 am
Mincha/Ma'ariv	5:25 pm	6:45 pm	6:45 pm	6:45 pm	6:45 pm	6:35 pm	6:45 pm	6:35 pm
<b>Events – see times in Event Planner Box</b>	<i>Lunch &amp; Learn in honor of March Birthdays &amp; Anniversaries; Synaplex Shabbat  Wine &amp; Chocolate, 7:45 pm</i>	<i>Daylight Saving Time Begins;  CLASS: "Introduction to the History of the Jews" 10:00 am ~ last class in this series.</i>	<i>Tefillah Class for Women, with Rabbi Smason, 3:15 pm at NHBZ  RSVP for Purim Seudah &amp; Sisterhood Lunch &amp; Bingo!</i>	<i>BUY CASH CARDS  Board of Directors Meeting 7:00 pm</i>	<i>Lunch &amp; Learn w/ Rabbi Smason, 12:15 pm;  CLASS: Chassidic Insights 7:00 pm</i>	<i>Fast of Esther ~ Begins 6:03 am Ends 7:48 pm</i>	<i>Erev Shabbos</i>	<i>Megillas Esther at 8:30 pm; 8:30 am on Sunday, March 16.  Purim Seudah March 16, 6:00 pm SHARP!  Sisterhood Lunch &amp; Bingo 3/18!</i>

**NHBZ Event Planner** (Check "Coming Events" for time, date or location changes.)  
Call the office at 314-991-2100, ext. 2, to confirm the date and time of any event.

## WEEKLY at NHBZ

### SHABBOS

- Child Care (10:00 am – Noon) kids 3 & under in the Children's Room
- Youth Programming (10:15 am – 11:00 am) children 4-8, in the Youth Lounge.
- Learners Service (10:15 am) led by Rabbi Ze'ev Smason in the Chapel
- Shabbos Tanach (Bible) Study Group (30 minutes before Mincha)

### SUNDAY

- Mishna Learning (after Shachris) with Rabbi Chanan Swidler of Aish
- "Introduction to the History of the Jews" with Menachem Szus (10:00 am) Last class March 9.
- Mystical Moments with Rabbi Max Weiman (between Mincha & Maariv.)
- Tanya (8:00 pm) with Rabbi Shaya Mintz of the St. Louis Kollel

### MONDAY

- Women's Tefila Class (2<sup>nd</sup> & 4<sup>th</sup> Mondays)  
**NEW TIME: 3:15 pm** with Rabbi Smason

### WEDNESDAY

- Rabbi Smason's Lunch & Learn (12:15-1:00 pm) Studying Pirkei Avos.
- "Chassidic Insights into the Weekly Parsha" (7:00 pm) Rabbi (Chaplain, Major) Avraham Cohen

### MONTHLY at NHBZ

- Irvin Alper Social Club (First Sunday)
- Women's Home Study Group (First Tuesday, 2:30 pm) with Rabbi Shaya Mintz, of the St. Louis Kollel at home of Jackie Berkin.
- Morris Lenga Yiddish Club (First Thursday, 7:30 pm)
- Dine-In Pizza Night (Last Sunday 5:00 – 7:00 pm) Place Carry-Out Pizza orders by 10:00 am, 314-991-2100, ext 2. Pick up time 4:30 pm.
- Sisterhood (Third Tuesday)
- RAP with the RABBI (Last Sunday of the month, 10:00am **at Starbucks**)

### NHBZ Signature Events

- Synaplex Shabbos
- Shabbos Lunch & Learn